

NASH CRN
Achieving a healthy weight can improve fatty liver disease

TIP #4: FRUITS AND VEGETABLES MATTER – AIM FOR 5 A DAY

- Aim for 5 servings of fruits and vegetables each day:

½ cup or a medium size piece of fresh fruit = 1 serving
¼ cup of dried fruits (raisins, cranberries) = 1 serving

- Choose fresh, frozen or canned fruits and vegetables
- Rinse canned products because of the added salt and sugar

Here are some ideas on how to add more fruits and vegetables to your meals and snacks:

1. Blend a fruit smoothie using your favorite fruits and low fat milk or yogurt.
2. Add extra fresh, frozen or canned chopped vegetables to your family's favorite recipes.
3. Add extra vegetables to salads – grated carrots, sliced cucumbers, cherry tomatoes.
4. Choose sliced fruit for breakfast on your cereal, whole grain waffle or pancake.
5. Pre –plan by packing a school lunch the night before – add a serving of fruit or vegetable.
6. Keep ready-to-grab healthy snacks in your kitchen – veggies rinsed and cut up in the refrigerator, and apples, banana, and grapes ready to wash and eat.

For more ideas and information visit:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

<http://www.cdc.gov/healthyweight/children/>

<http://www.fruitsandveggiesmatter.gov/>

<http://www.choosemyplate.gov/>